



Hello



Alo



Bonjour



Hola



Jambo

CAMBRIDGE FAMILY NEWS

Information, Support, & Activities for Families of Children Ages 0-6

November - December 2005

FAMILY LITERACY FUN DAY

Cambridge City Hall
(Mass Ave., Central Square)

Saturday, November 5th, 10:30 am to 2:30 pm

Giveaways
Story Tellers
Bingo for Books



Face Painting
Games
Magician

Organized by the Cambridge Public Schools Title I Program, the City of Cambridge, the Agenda for Children, and the Cambridge Family Literacy Collaborative.

CENTER FOR FAMILIES DROP-IN PLAYTIMES

We bring toys, activities, singing, and snacks, you bring the kids and the fun. Bring your children (0-5) and come play with us. Adults must stay with the children. Call Luz at 617-349-6385 or Heather at 617-349-3003 for more information.

Mondays

Area IV Youth Center, 243 Harvard St.
10:00 - 11:30 am (begins in December)

Parent-Infant Drop-In Group

Center for Families, 70 Rindge Ave. (rear)
12:30-2:30 pm (babies under 14 months)

Tuesdays

Fresh Pond Apartments, 364 Rindge Ave
10:30 am-12:00 pm

Gately Youth Center, 70 Rindge Ave. (rear)
10:00 - 11:30 am

Wednesdays

Area IV Youth Center, 243 Harvard St.
10:00 - 11:30 am

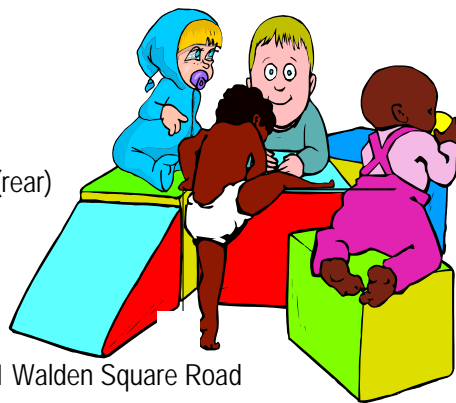
Thursdays

Gately Youth Center, 70 Rindge Ave. (rear)
10:00-11:30 am

402 Rindge Avenue
10:00-11:30 am (residents only)

Fridays

Walden Square Community Room, 21 Walden Square Road
1:30-3:00 pm



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PLAYING AND LEARNING

Story and Activities About Corn

A long time ago, people living in Mexico and South America began to grow corn for the very first time. They took seeds from the wild corn and planted them in their gardens. No one else in the whole world grew it yet. At first, the corn ears were tiny but as the people farmed corn for many years, they learned to grow larger and larger ears of corn. When their neighbors saw that the corn tasted good and helped the people be healthy and strong, they decided to grow it too. By the time Europeans traveled to the Americas, many people were growing corn.

Looking at Corn

Materials:

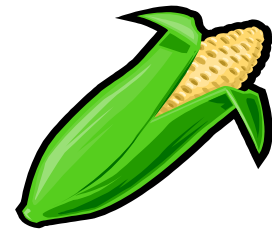
Loose corn kernels, sprouted kernels, and corn meal
(sprout dry corn kernels by keeping in a cup with a wet paper towel for a couple days)

What to do:

Examine a corn kernel, sprouted corn kernel, and corn meal

What to talk about:

Ask: What do you think these are? Remind the children about other seeds they may have sprouted. Corn kernels are seeds. They can grow into new corn plants with more ears of corn on them. You can grind the kernels up and use the meal to make corn bread or muffins. Remind the children about other seeds they may have sprouted. Corn kernels are seeds. They can grow into new corn plants with more ears of corn on them.



Corn Hut Talk by Carl Sandburg

*WRITE your wishes
on the door
and come in.*

*Stand outside
in the pools of the harvest moon.*

Bring in the handshake of the pumpkins.

*There's a wish for every hazel nut?
There's a hope for every corn shock?
There's a kiss for every clumsy climbing
shadow?*

*Clover and the bumblebees once, high winds
and November rain now.*

*Buy shoes
for rough Weather in November.*

*Buy shirts
to sleep outdoors when May comes.*

*Buy me
something useless to remember you by.
Send me a
sumac leaf from an Illinois hill.*

*In the faces marching in the firelog flickers,
In the fire music of wood singing to winter,
Make my face march through the purple and ashes.
Make me one of the fire singers to winter.*



CENTER FOR FAMILIES NEWS

The Director's Letter

I write today to share good news. An important part of what we do at the Center for Families is work with other groups – childcare centers, community-based organizations, school-based programs, multi-service agencies – in Cambridge. Through the collaborative Cambridge 0-8 Council, we share information and look for ways to bring more and better services to families with young children. In October, the 0-8 Council was awarded a federal Early Learning Opportunities Act (ELOA) grant that will support many different programs in the city. The Center for Families will be using a portion of the funds to expand our activities for parents of infants, to develop new parenting education programs, and to increase the availability of our parent-child activities. An especially exciting part of the Cambridge ELOA grant project will allow us to work across agencies to improve outreach and programs for Cambridge families who are underserved, especially families for whom English is not the home language. Throughout the next year and a half, you may hear us refer to ELOA project and we will ask for your help in making these new collaborative programs a success. We hope you will join us in our efforts to bring “Learning, Language, and Literacy to All.” If you’d like more information about the ELOA project, or want to join us on the 0-8 Council, please feel free to call or email me.

Let’s celebrate the many ways that we work together as a village to raise all our children.

Jenn Kapuscik, Director



Center for Families and Margaret Fuller Neighborhood House Partnership

The Center for Families is working with the Margaret Fuller Neighborhood House on Cherry Street near Central Square to create a new family-friendly space and to cosponsor new family programming for parents, caregivers, and young children.

The Margaret Fuller Neighborhood House is a settlement house agency that has been a center for building neighborhood community for over a century. Margaret Fuller is home to many services including an afterschool program, food pantry, computer center, outreach program, and much more. We are proud to be collaborating with them as part of our efforts to bring more programs to families of young children in the city.

New family support activities and services at the Margaret Fuller Neighborhood House will be starting this fall. If you want more information about how you can help to support this new collaboration, contact Jenn at 617-349-3002.

Join Our Family Partners

At our first Family Partners meeting on October 18th a small group of parents talked with Center for Families staff members about plans for family fun events and support groups.

We ask everyone who comes to our activities to give back to the programs you enjoy by sharing a couple hours of your time to the Family Partners. You can help by attending a Family Partners discussion gathering, volunteering to help with one of our Family Fun events, or assisting staff with any of our activities.

Join us at our next Family Partners gathering for good conversation, tasty treats, and a chance to share your ideas! Childcare will be provided for parents who cannot otherwise attend. Call Jenn with questions and suggestions: 617-349-3002. To sign up for childcare, call 617-349-6385.

**Wednesday, January 11th, 6:00-7:30 pm,
Margaret Fuller
Neighborhood House**

**Refreshments and limited
childcare provided. Call
617-349-6385 to sign up in
advance for childcare.**



PARENT EDUCATION AND SUPPORT

MOMS' DISCUSSION GROUP

(Mothers of children ages 0-6)

Being a mom is challenging. You have to juggle your time and roles—mother, spouse, worker, learner. Take a break to think about your priorities, share with other moms, and talk about where you want to go. Snacks and limited childcare provided.

Facilitator: Suzan Wolpow

Saturdays, 10:00-11:30 am,

November 12th and December 10th

Center for Families, Peabody School

***You must call to sign up for childcare 617-349-6385 ***

PARENT INFANT GROUP

(parents with infants ages 0-14 months)

This informal support and discussion group at the Center for Families offers parents with new infants up to 14 months the opportunity to share experiences, ask questions, and meet other parents while babies sleep, eat, gurgle, or safely explore in our infant-toddler room.

Facilitator: Marie-Noelle Doucet

Every Monday, 12:30 - 2:30 pm **No Pre-registration Required**

Center for Families, Peabody School

DADS' MORNING OUT

(Fathers of children ages 0-6)

Dads and kids play together and then dads have time to talk.

Facilitator: Rick Colbath-Hess

Saturdays, 9:30 - 11:30 am

November 5th and 19, December 3rd and 17th

Center for Families, Peabody School

***You must call to sign up for childcare 617-349-6385 ***

INFANT MASSAGE

(parents with infants ages 2 months - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage can also help with digestion, sleep, and baby's health. Groups are organized in locations that are convenient for parents.

Instructor: Marie-Noelle Doucet, CMI.

Call 617-349-3003 to sign up for the next session

THE RENAISSANCE JOURNEY

(single moms with children ages 0-6)

This 6-week evening group for single mothers focuses on creating a supportive community and caring for ourselves. Dinner and childcare are provided for this 6-week group. Please call 617-349-6967 for more information and registration.

Facilitator: Nadine Jones-Ruffin

Wednesdays, Nov. 9, 16, 30, Dec. 7, 14, 21, 6:00 - 8:30 pm

SCRAPBOOKING CLASS/GROUP

This monthly class for adults will give you tools and an opportunity to collect and preserve your special things. **Six sessions for \$90.00.** Registration fee includes instruction, use of scrapbooking tools, crop talk lesson sheet, and a participant gift at each session. Albums, paper, album pages, and adhesive are sold separately. Sponsored by Fitzgerald Community School.

Saturdays 9:00 am-12:00,

Nov. 12, Dec. 10, Jan. 14, Feb. 11, Mar. 11, Apr. 15

Peabody School Community Wing

Call Carolyn Rodrigues, 617-349-6302 or Nadine Jones-Ruffin 617-349-6967

FAMILY FUN

FAMILIES OF TWINS AND MULTIPLES

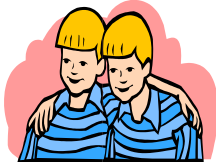
Come to the Center for Families for a Saturday afternoon play date with other families of twins and multiples. This monthly gathering is a purely social occasion. We'll have activities for the kids and snack will be provided.

Call or e-mail Marie-Noelle to register, 617-349-3003-ext 2.

mdoucet@cambridgema.gov

Saturday - November 19, 3:30-5:00 pm

Center for Families, Preschool room



December Family Fun Night

December 9th from 5:30-7:30 pm

Mark your social calendar for our next Center for Families Friday Family Fun Night on **December 9th, 5:30-7:30 pm.** The evening will feature a special interactive children's performer with refreshments and fun. Details coming soon.

We need a few parents to give us a couple of hours to help make plans and get the word out. This is a chance to put your party planning skills to work for building community.

Call or email Jenn to be part of the fun:

617-349-3002, jkapuscik@cambridgema.gov

Next Fun Nights: Mar. 24th, June 2nd, 2006



PARENT-CHILD ACTIVITIES

EASY AND CREATIVE ARTS AND CRAFTS FOR PRESCHOOLERS

This group for caregivers and children ages 3-5 years old, will expose preschoolers to arts and crafts so that they can use their fine motor skills and cognitive creativity to manipulate art objects and build a strong imagination.

November 14 - December 23

Please call 617-349-6385 to sign up for this session.



JAGUAR DANCERS

(parents & children ages 15 mos - 5 yrs)

The Center for Families will be offering one session of creative movement for young children and their parents in the winter.

Time/date and location to be announced.
You can sign up by calling
Nadine Jones-Ruffin at 617-349-6967

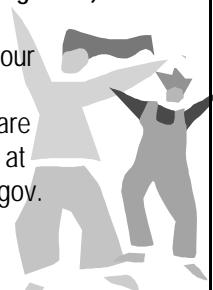
PARENT & CHILD RELAXATION YOGA CLASS

(for parent-child pairs together, children ages 3-6)

Discover and explore the joy of connecting with your child doing fun and relaxing exercises & games.

To register for the class and to arrange for childcare for younger siblings, please contact Marie-Noelle at 617-349-3003 ext. 2 or mdoucet@cambridgema.gov.

Facilitator: Marie-Noelle Doucet
Center for Families, Peabody School
Saturday, November 19th, 10:00 am-11:00 am



Pajama Story Hour at the O'Neill Branch Library

Parents and children can come to the library in pajamas on the last Wednesday of the month to hear stories read by neighborhood parents and enjoy a snack before bed.

This is a great way to visit the library as a family. Bring a favorite book to share and discover new favorites.

Wednesdays, 6:00-7:00 pm
November 29th, December 28th
O'Neill Branch Library,
70 Rindge Avenue



CAMBRIDGE COMMUNITY PLAYGROUPS

Playgroups for parents/caregivers and children 1-5

Registration for Winter groups will begin in December

Cambridge Community Playgroups are group activities for children and their parents or caregivers to attend together. Playgroups provide developmentally appropriate activities for children from 1 to 5 years old, including children with special needs. Winter playgroups will begin the week of January 2nd and run through the week of February 24th, 2006.

Each playgroup can serve a limited number of children. A lottery is used to make sure that everyone has an equal chance of getting into the group of their choice. Families from the waiting list are given first priority.

Registration forms for Winter playgroups will be sent out the second week of December and will be due by Friday, December 23, 2005. You can get more information by calling Nadine at 617-349-6967 or Michelle at 617-547-1063 x 271.



COMMUNITY RESOURCES & ACTIVITIES

The Family Center, Inc. offers several free groups for parents throughout the year. The Parenting Journey is a 12-week group for parents to talk about parenting and taking care of ourselves. The Parenting in America program is an 8-week group for parents adjusting to a new culture. A Spanish group is running this fall and other groups will be offered during the year. Transitions is a group for parents and children together who are survivors of domestic violence, and focuses on strengthening relationships and healing.

Call 617-628-8815 for information about any of these free groups.
The Family Center, Inc., Union Square, Somerville

Cambridge-Somerville Early Intervention (CSEI) runs inclusive parent/child playgroups that provide opportunities for children with a variety of strengths and needs to engage in developmentally appropriate play. Groups are open to children up to 3 years old. Families not enrolled in Early Intervention pay a fee based on a sliding scale.

Call 617-629-3919 for information.
CSEI, 61 Medford Street, Somerville

The **Doula Program at the Cambridge Health Alliance** offers drop-in support groups run by multilingual Doulas (birth and parenting coaches). The Mothers' Support Group meets on Wednesdays from 10-12 am and the Breastfeeding Support Group meets on Thursdays from 10-12 am. Groups are open to all. Call Carol Densmore for more info: 617-665-1164

Cambridge Birth Center, 8 Camelia Avenue
(across from the entrance of the Cambridge Hospital).

Cambridge Family and Children's Service (CFCS) offers the MAPP Training for adults interested in being an adoptive or foster parent. MAPP stands for Massachusetts Approach to Partnerships in Parenting.

Contact info@helpfamilies.org or call 617-876-4210.
CFCS, 60 Gore Street, Cambridge

Cambridge Public Library Branches

The Cambridge Library is a great place for families. Call your local branch for information about storytimes and family activities. Remember that the library also has museum passes you can check out with your library card, including passes to the Zoo, Children's Museum, and more. For listings see www.cambridgema.gov/~CPL/ or call 617-349-4038.

Main Children's Room, 359 Broadway
(617) 349-4038

Boudreau Branch, 245 Concord Ave.
(617) 349-4017

Central Square Branch, 45 Pearl St.
(617) 349-4010

Collins Branch, 64 Aberdeen Ave.
(617) 349-4021

O'Neill Branch, 70 Rindge Ave.
(617) 349-4023

O'Connell Branch, 48 Sixth St.
(617) 349-4019

Valente Branch, 826 Cambridge St.
(617) 349-4015

The East End House in East Cambridge invites neighbors and friends to find out about their community programs. Located in East Cambridge near Lechmere, East End House offers activities for seniors; infant-toddler, preschool, and after-school childcare programs; computer classes; a food pantry; and many other opportunities for fun and learning.

For information, call 617-876-4444 or see their website at www.eastendhouse.org.
East End House, Inc., 105 Spring Street, Cambridge



The **Somerville/Cambridge WIC program** provides nutrition education, breastfeeding support, referrals to community health care services, and nutritious foods for pregnant, lactating and postpartum women, and to infants and children up to age five. To be eligible for WIC, you must:

- ... Live in Massachusetts,
- ... Be pregnant; a breastfeeding or postpartum mother; an infant or child under the age of 5; or have a medical or nutritional need (risk), and
- ... Have an income that is at or below 185% of the poverty level.

Windsor Street Health Center, 119 Windsor Street, 617-665-3750
Office hours: Monday 8 am-7:30 pm, Wednesday and Thursday 10 am-6:30 pm, Friday 8 am-4:30 pm, and 1st and 3rd Saturdays 8 am-4 pm

North Cambridge WIC office, Jefferson Park, off Rindge Avenue, 617-661-4084
Office hours: Thursday 8:30 am-6 pm, Friday 8:30 am-4:30 pm

COMMUNITY NEWS

Kindergarten Registration for 2006

If you have a child who will be turning 4 years old on or before March 31, 2006, then its time to start thinking about Kindergarten in Cambridge. The Cambridge Public Schools registration season starts in the fall with two Kindergarten Information Nights where you can:

- Y Meet School Principals
- Y Learn how to Register and Choose Schools
- Y Find out about Bilingual Education
- Y Sign up for School Tours

Kindergarten Information Nights will be held Wednesday, **November 9th**, from 6:00 - 7:30 pm, at the Morse School (Cambridge port near Memorial Drive), and Wednesday, **November 16th**, from 6:00 - 7:30 pm, at the Tobin School (West Cambridge near Fresh Pond). For more information about these events or about Kindergarten registration, call the CPS Family Resource Center at 617-349-6551.

A CO-OPERATIVE BABYSITTING GROUP: ARE YOU INTERESTED?

Some Center for Families parents have expressed the desire to create a babysitting co-operative (or co-op for short). This is a group that is organized so parents can exchange babysitting among the members of the co-op.

One common model for this kind of group is to have families earn childcare time by caring for other families' children. For example, Family A watches Family C's children for two hours. Family A earns two hours of childcare so that when they need childcare, another family in the co-op will provide it. The more care a family offers to others, the more care they can receive.

The co-op will be run and organized by parents. The Center For Families is happy to host an organizational meeting for those who are interested. Please call or e-mail Marie-Noelle Doucet by Nov. 22, if you want to be part of the meeting or if you have feedback/ideas about the babysitting co-op. 617-349-3003 ext-2 or e-mail mdoucet@cambridgema.org






Flu Season Tips

Free Flu Clinics in Cambridge

Flu season is coming and Cambridge residents (age 9 or older) can receive a free flu shot at the health department's annual flu clinics, which will be held from November 3rd through November 18th at sites throughout the city. Younger children can receive flu shots from their pediatrician or primary care provider. For more information, please call the public health department's recorded Flu Clinic Information Line, 617-665-3855. To speak to a public health nurse in person, call 617-665-3800. See information on the web at: http://www.cambridgepublichealth.org/prog_serv/flu/

Vaccination is Not the Only Way to Help Prevent the Flu

You can protect yourself from the flu even if you don't get the flu vaccination this year. These simple actions can help stop the spread of germs and help protect you from getting sick:

-  **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
-  **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help keep others from catching your illness.
-  **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
-  **Wash your hands.** Wash your hands often. Use soap and rub your hands together for 20 seconds. Alcohol-based cleaners also work well.
-  **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Other good habits, such as **getting plenty of sleep**, engaging in **physical activity**, managing stress, **drinking water**, and **eating good food**, will help you stay healthy in the winter and all year.

Parent-To-Parent Bulletin Board

The *Cambridge Family News* will have a space in each issue for parents' seeking information or assistance to post a notice of their requests. If you can help, call the listed parent directly. If you would like to post a notice in the next issue, contact Luz Hernandez (617-349-6385, lhernandez@cambridgema.gov). We can only print requests for assistance or offers of donations; no advertisements for goods or services.

CENTER FOR FAMILIES STAFF

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Director

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617-349-3002

(English)

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c/o Peabody School

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Fax:**617-349-6386****Web:** www.cambridgema.gov/DHSP2/families.cfmFunding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). Ours is one of 41 programs around the state that are part of the DOE Massachusetts Family Network and CTF Mass Family Centers programs. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-6. Activities are open to all Cambridge residents.

**Center for Families**

c/o Peabody School

70 Rindge Avenue

Cambridge, MA 02140